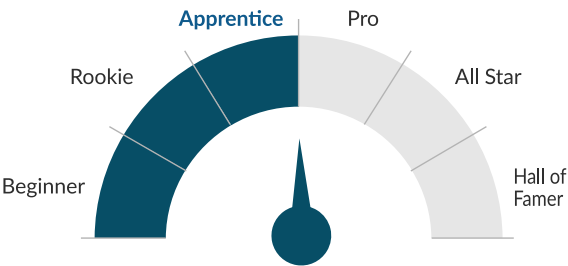


You're a MyPlate Apprentice!

Hey MyPlate User!
Here are your results.
Completed: 7-Jan-2024



Fruits

How often do you eat from the Fruit Group?



Never/Rarely



Occasionally
Your Answer



Often/Always
Recommended



Vegetables

How often do you eat from the Vegetable Group?



Never/Rarely



Occasionally
Your Answer



Often/Always
Recommended

How often do you eat dark green vegetables?



Never/Rarely



Occasionally
Your Answer



Often/Always
Recommended

How often do you eat red and orange vegetables?



Never/Rarely
Your Answer



Occasionally



Often/Always
Recommended

How often do you eat beans, peas, and lentils?



Never/Rarely



Occasionally
Your Answer



Often/Always
Recommended



Grains

How often do you eat from the Grains Group?



Never/Rarely



Occasionally



Often/Always
Your Answer

How often do you eat whole grains?



Never/Rarely



Occasionally
Your Answer



Often/Always
Recommended



Protein Foods

How often do you eat from the Protein Foods Group?



Never/Rarely



Occasionally



Often/Always
Your Answer

How often do you eat seafood per week?



Never



Once per week
Your Answer



2+ times per week
Recommended

How often do you eat other Protein Foods?



Never/Rarely
Your Answer



Occasionally



Often/Always
Recommended



Dairy

You're doing great!



How often do you eat from the Dairy Group?



Never/Rarely



Occasionally



Often/Always
Your Answer

How often do you drink low-fat (1%) or fat-free (0%) dairy milk?



Never/Rarely



Occasionally
Your Answer



Often/Always
Recommended

How often do you drink lactose-free milk or fortified soy beverages (soymilk)?



Never/Rarely



Occasionally
Your Answer



Often/Always
Recommended